



NUTRITION *in pregnancy*

May 22 - 23, 2024





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Welcome!

We are so excited that you are joining us for this important conference. Nutrition before and during pregnancy affects how robustly the body develops. Poor nutrition in early life leads to epigenetic changes that increase the risk for later life chronic disease. Thus, improving population health will not be possible without improving nutrition before and during pregnancy and in the first years of life.

However, nutrition as a means to improving population health has not been a priority. It is not emphasized in most health care education programs, nor is it always included in prenatal care appointments. Recent national collaborations have elevated work around food insecurity and nutrition, but work remains to highlight the importance of nutrition during these critical windows.

The OHSU Moore Institute for Nutrition & Wellness is dedicated to reducing the prevalence of chronic diseases throughout life by promoting healthy, nutrient-rich diets based on wholesome foods - before conception, during pregnancy and lactation, and in infancy and early childhood. In 2019 we hosted the first Nutrition in Pregnancy Conference with generous support from the Vitamix Foundation. The consensus report from that conference, "The importance of nutrition in pregnancy and lactation: lifelong consequences," was published in *American Journal of Obstetrics and Gynecology* in May 2022.

The second conference in 2022 resulted in the paper "Barriers to implementing good nutrition in pregnancy and early childhood: Creating equitable national solutions," published in *Annals of the New York Academy of Sciences*. This year we are building on those initial conversations about the latest research, identified gaps and barriers to good nutrition, and action goals to address those gaps and barriers to develop a collaborative action plan to move the work forward.

We hope the next two days inspire, stimulate and spark collaborative conversations about how to improve the health of women, young children and pregnant people.

Thank you for joining us!

Regards.



Kent L. Thornburg, Ph.D.
Conference Chair
Professor Emeritus,
Oregon Health & Science University

About the OHSU Moore Institute

The OHSU Bob and Charlee Moore Institute for Nutrition & Wellness works to confront one of the biggest contributors to the rise of chronic disease: poor early life nutrition.

Following a generous pledge in 2011 from Bob and Charlee Moore of Bob's Red Mill Natural Foods, the Moore Institute has been dedicated to creating lasting impacts on current and future generations by promoting healthy, nutrient-rich diets before conception, during pregnancy and lactation and throughout early childhood. We do this through developing innovative nutrition education and professional training, developing community-based outreach programs and advocating for policy changes.

The scientific cornerstone of the Moore Institute is a discipline in which OHSU is internationally recognized: Developmental Origins of Health and Disease, or DOHaD, which illuminates the vital relationships between maternal prenatal diet, fetal health and adult chronic disease.

The Moore Institute is committed to sharing and acting on this knowledge in ways that reshape our health culture and, one day, eliminate chronic diseases altogether.



Conference format and goals

This conference will bring together a select group of leaders from government, public and private organizations to identify strategies to collectively eliminate barriers to good nutrition for women, young children and pregnant people. It is a call-to-action to identify novel partnerships, share resources and maximize efficiency to improve the health of this generation and the next. We expect participants to continue seeking opportunities to integrate this work into their organizations and partnerships following the conference and to actively participate in moving this work forward to ensure accountability. and forward progress. We need to act now and together.

FORMAT

Day 1: Discussion and determining priorities

Day 2: Action planning and solidifying commitments

GOALS

- Actualize practical solutions for eliminating barriers to healthy nutrition for all before and during pregnancy and in early life.
- Prioritize gaps and barriers identified during 2022 Nutrition in Pregnancy Conference.
- Select action goals from 2022 conference or other resources to address prioritized gaps and barriers.
- Build relationships between groups that may not see themselves as natural partners to maximize efforts and effectiveness.
- Develop transdisciplinary action plans/collaborative agreements to improve healthy nutrition for people of reproductive age.
- Determine implementation timeline and accountability methods.



Wednesday, May 22

AGENDA

8:30 a.m.	Opening welcome and call-to-action Kent Thornburg, Oregon Health & Science University
9 a.m.	Conference structure, facilitation and goals Shelby Pierce, Pierce Porter Facilitation Maya Chilese, Blue Agate Collaborative
MORNING SESSION	
9:30 a.m.	Facilitated discussion Moderator: Stephanie Scarmo, American Heart Association - Voices for Healthy Kids Strategies for addressing gaps/barriers and goals to improve health and nutrition of women, children and pregnant people
10:30 a.m.	Break
11 a.m.	Facilitated discussion Moderator: Natalie Haynes, Vitamix Foundation Strategies for addressing gaps/barriers and goals to improve health and nutrition of women, children and pregnant people
Noon	Lunch
AFTERNOON SESSION	
1 p.m.	National panel Moderator: Janet de Jesus, Office of Disease Prevention and Health Promotion, HHS Overview of national government programs; how to integrate and collaborate more effectively across programs; how to increase action to improve health of women, children and pregnant people Georgia Machell, National WIC Association Meghan Adler, USDA Food and Nutrition Services Kristal Dail, Maternal and Child Health Bureau, HHS Rachel Ferencik, CDC Foundation

2:30 p.m.	Break
3 p.m.	<p>Community panel</p> <p>Moderator: Krista Lumpkins-Howard, Birthing Beautiful Communities</p> <p>Overview of selected community-based programs; how to integrate and collaborate more effectively across programs; how to increase action to improve health of women, children and pregnant people</p> <p>Leslie Myatt, OHSU Moore Institute and Nutrition Oregon Campaign</p> <p>Jazmin Long, Birthing Beautiful Communities</p> <p>Harumi Reiss-Reilly, National Association of County and City Health Officials (NACCHO)</p> <p>Mike Pomeroy, Brighter Bites</p> <p>Charles Smith, Black Food Sovereignty Coalition</p>
4:30 p.m.	<p>Wrap-up</p> <p>Kent Thornburg, Oregon Health & Science University</p> <p>Overview of evening planning session and day two action planning</p>
4:45 p.m.	End of day one for attendees
5 – 8 p.m.	Evening strategy session for meeting organizers and facilitators to prepare small group work for day two

**A special thank you to our
generous sponsor:**



Thursday, May 23

AG EN DA

8:30 a.m.	Welcome and day one recap Kent Thornburg, Oregon Health & Science University
MORNING SESSION	
9 a.m.	Small group work Synthesize day one outcomes and begin small group work developing action plans
10:30 a.m.	Break
11 a.m.	Small group work Continue small group work developing action plans
noon	Lunch
AFTERNOON SESSION	
1 p.m.	Small group work Groups agree on how to coordinate action plans, continue collaboration and ensure work moves forward
3 p.m.	Wrap-up and next steps Kent Thornburg, Oregon Health & Science University
3:15 p.m.	End of day two

Nutrition In Pregnancy 2024

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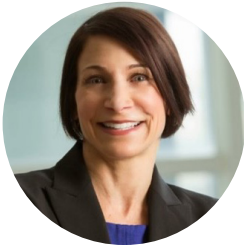


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